



## Teach Kids About Mental Load

☐


### TRASH:

Observe when it's full, know and remember which night is trash night, take bins to the curb and back in without reminders, ensure there are trash bags on hand

☐


### EXTRACURRICULARS:

Choose them; sign up in time; track practices, rehearsals, games, performances; get there/organize rides; keep uniform/dress clothes clean; handle end of year coach gift

☐


### HAIRCUTS:

Choose salon, schedule appointments w/out reminders, get there, pay

☐


### LAUNDRY:

Do their own laundry, including sheets and towels weekly, without reminding

☐


### COOKING:

Coordinate night to cook; plan, shop for, and prepare the meal; clean up afterwards

☐


### CLEANING:

Stand in a room and identify what needs to be cleaned; negotiate standards with other household members

☐


### CALENDAR:

Share a calendar with other family members; coordinate conflicts for meals, cars, others' needs